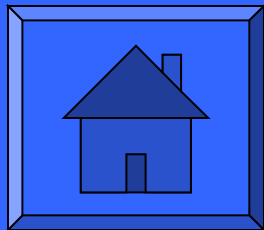


Who Speaks on Nutrition	Reliable or Not Reliable	Research Terms	Research Experiments	Should I Believe It Or Not?
1pt	1 pt	1 pt	1pt	1 pt
2 pt	2 pt	2pt	2pt	2 pt
3 pt	3 pt	3 pt	3 pt	3 pt
4 pt	4 pt	4pt	4 pt	4pt
5pt	5 pt	5 pt	5 pt	5 pt

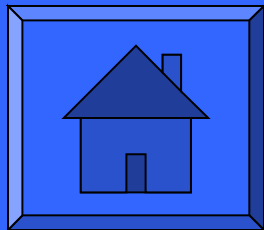
This could happen
to a person who
practices nutrition
counseling without
a license.

What is
prosecution by
the law?



An individual
who has passed a
national
registration
examination.

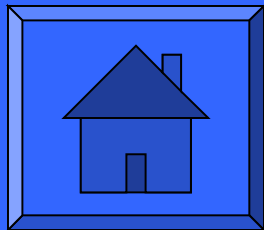
What is a Registered Dietician?



An individual
whose
qualification is
conferred by the
Commission of
Dietetic

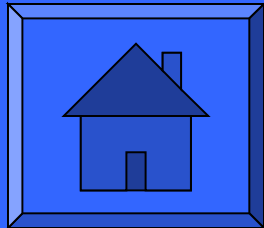
Registration

What is a Registered Dietician?



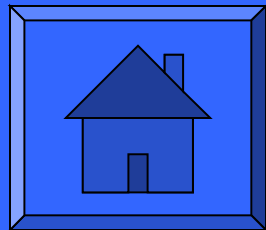
The broadest term
for a person who
talks about
nutrition; may or
may not be
educated fully.

What is a nutritionist?



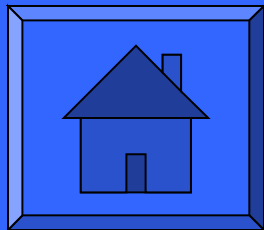
40 states have such laws

What are
licenses to
practice
nutrition
counseling
based on



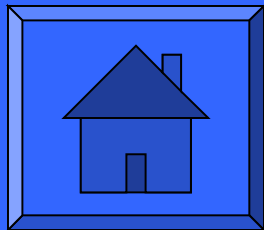
Professional
organizations
such as the
American
Dietetic
Association.

What is reliable?



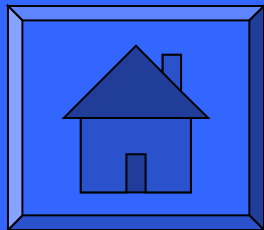
An article in a
popular
magazine on
how to lose 10
pounds in a
week.

What is not reliable?



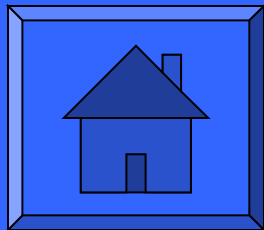
Your uncle Bob.

What is not reliable?
(Assuming Uncle Bob
is not an R.D.)



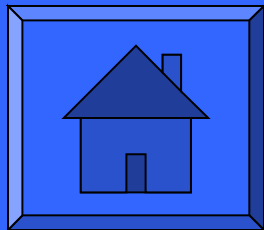
Reports from the
Surgeon General.

What is reliable?



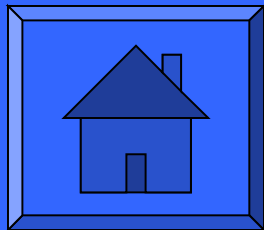
Nutrition textbooks
used in college and
university courses
and the nutrition
faculty of
accredited

What is reliable?



Subjects in a
study who do
not receive the
active
treatment.

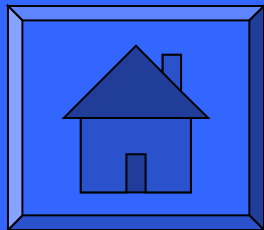
What is the
control group?



Daily Double:

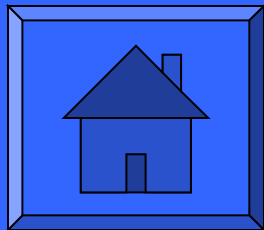
A study in which
neither the subjects
nor the scientists know
which subjects are
receiving the
treatment and which

What is a
double blind
study?



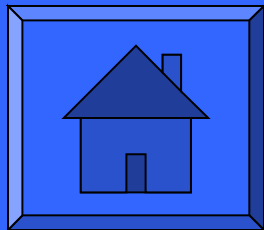
Subjects in a
study who
receive the
treatment being
tested.

What is the
experimental
group?



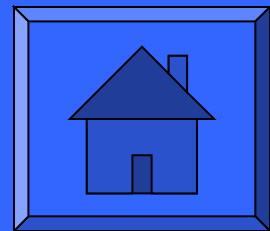
A “sugar pill.”

What is a placebo?



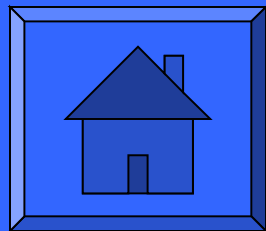
A finding that
demonstrates
that a condition
causes a
particular event.

That is “cause and effect



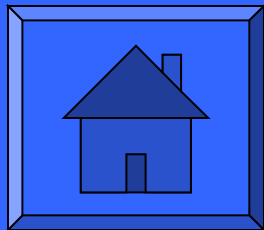
Research that
seeks to identify
conditions related
to particular
events within a
population.

What is an
epidemiological study?



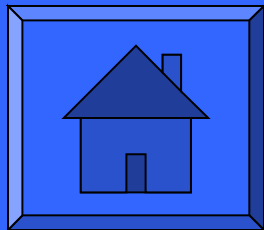
Research findings
that likely
represent a true or
actual result and
not one due to
chance.

What is
“statistically
significant”?



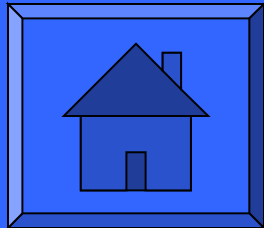
A statement
made prior to
initiating a study
of the
relationship
sought to be
proved by the

What is a hypothesis?



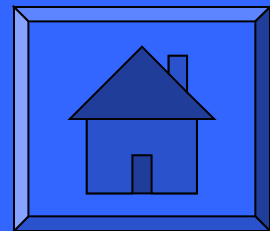
A study design in which one group of randomly assigned subjects receives an active treatment and another group receives a placebo.

What is a clinical study?



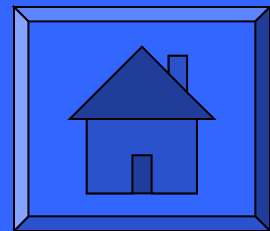
An analysis of
data from
multiple studies.

What is a meta-analysis?



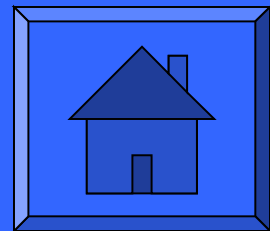
A cream applied to
your abdominal
area will make you
lose 2 inches while
you sleep.

What is “Don’t believe it”



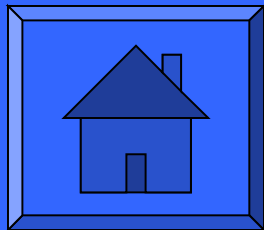
A famous actor
promotes vitamins
guaranteed to
give you twice the
energy.

What is “Don’t believe it”



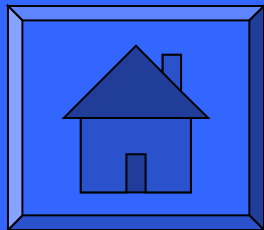
A brochure from
the American
Heart Association
suggests ways to
lower your blood
cholesterol.

What is “Believe it”?



You read in your
nutrition textbook
that too little
calcium may lead
to osteoporosis.

What is “Believe it”?



A newspaper
article boasts that
eating blueberries
will prevent
aging.

What is “Don’t believe it”

